

GAMBIT

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 squats



4 plank walk-outs



10-count plank hold



10 squats



4 push-ups



10-count plank hold



10 squats



4 plank-into-lunges



10-count plank hold